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| Week 1 | Week 2 | Week 3 | Week 4 |
| Health & Wellness Assessment | Diet and Nutrition | Gut Health | Heart Health and Blood Flow |
| Genetic Test  Risk Factors  Lifestyle Tracking  SMART Goals | The Story of Food  Nutrients  Water and Hydration  A Balanced Diet  Nutrient Intake  Dietary Principles | Digestion and Absorption  The Microbiome  The Gut-Brain Connection  Gut produced Neurotransmitters.  Inflammation  The Stress-Gut Nexus  Inflammation Risk Factors  Leaky Gut Syndrome | The Importance of the Heart  The Heart Brain  The Electromagnetic Heart Centre  Cardiovascular Health  Cardiovascular Disease  Xue  Blood Flow  Blood Vessels  Vasodilation & Vasoconstriction  The Heart as A Spiritual Vehicle |
| Week 5 | Week 6 | Week 7 | Week 8 |
| Sleep | Light | Weight | Genetics |
| Restorative Sleep  Stages of Sleep  TCN  Sleep Secrets  Sleep Routine  Calming The Body & Mind  Shutting off the Screens  Setting the Sleep Scene  Staying Calm | What is Light?  Sunshine  Cycles of Light & Darkness  The Role of Light in the Body  Photocurrents  Melatonin  Biophotons  Weak Cellular Light  Ultraviolet Light  Vitamin D  Vitmain D Synthesis  The Nature of Colour  The Colours & The Chakras  The Colour Palette  The Energetic Spectrum of Colours  Colours Language | Weight  Why Weight is Important?  Blood Sugars  Insulin and Diabetes  Blood Sugar Balance  Excess Weight  Abdominal Fat  Diabesity  Metabolic Syndrome | The Genetic Code  Genetic Vulnerability  Hereditary  Genotype  Alleles  Genetic Markers  Genomics  Jing & The Genes  Cells to Brain Function |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Environmental Toxins | Substances | Trauma | Protection Against Disease |
| Toxins in the Environment  Toxins & Their Effects  Biological Toxin Systems  Exposure to Toxins  Inhaled Toxins  Ingested or Absorbed Through the Skin  Cosmetics & Personal Care Products | Alcohol  Smoking Cigarettes  Recreational Drugs  The Addiction Spectrum  The Options  The Choice Matrix | What is Trauma?  The Personal Ledger  The Stress Response  Stress-Response Systems  Communication & Trauma  What happened to us?  What happened to you?  The Sequence of Engagement  Bottum-up Regulation  Head Trauma  Mindstorms | Immunity  The Immune System’s Approach  Immune Disorders  Immunodeficiency Disorders  Allergies  Autoimmune Disorders  Cancers  Persistent Infections |
| Week 13 | Week 14 | Week 15 | Week 16 |
| Mindfulness | Physical Activity | Connection |  |
| Novelty  Active Engagement  Brain Training  Mindfulness  Meditation  Meditation of the breath  Contemplation  Solitude  Inner Peace  World Peace | Incidental Activity  Exercise  Stretching  Balance Training  Resistance training  Aerobic Exercise | Forming Connections  Disconnection  The Levels of Connection  The Human Connection  The Hubs  Engagement  The Importance of Connectivity  The Importance of Touch  The Magic of Synchronicity |  |